



Attitude:

Attitude is a way of looking at life; a way of thinking, feeling or behaving.

Dear Parents,

A positive attitude is so important in today's world. Having a positive attitude means focusing on the good things in life and not dwelling on the negative.

This helps people cope with daily

stresses and reduces destructive thinking. However, children aren't born with a positive attitude; it is something that is developed. As parents and caregivers, we can help children develop positive attitudes about life that will help them as they face the challenges associated with growing up.

What can parents and caregivers do to help their children develop a positive attitude?

Use "I can!" instead of "I can't!" Instead of saying, "I can't do this!" say, "I may not be able to do this now, but I bet with practice, I'll have it down soon!"

Teach internal dialogue control. These are the things that we say to ourselves inside our heads. Children need to learn that when they start thinking negatively about themselves or situations, they can stop and think of something positive about themselves or their situation. Instead of

saying, "I'm stupid, because I can't understand the math," teach your child to find the solution. "Just because I need extra help, it doesn't mean I'm stupid.

I'll ask my mom or teacher to go over it again and then I'll practice it until I understand it."

Being positive is a choice. When you are mad or unhappy, you have chosen to react that way. People and situations can make us feel badly but we choose whether or not to dwell on it and allow it to change our mood.

Find reasons to smile and laugh. Tell jokes, watch funny movies, tell stories. Smiling and laughing actually change your brain chemistry and make you feel better. A home full of laughter is a happy home.

This month our weekly lessons will cover:

Week One:

"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

William James

Week Two:

"Attitudes are contagious. Are yours worth catching?"

Dennis and Wendy Mannering

Week Three:

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same."

Francesca Reigler

Week Four:

"Attitude is a little thing that makes a big difference."

Winston Churchill

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Defining Attitude: Attitude is a way at looking at life; a way of thinking, feeling, or behaving.

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” ~William James

Have you ever heard someone say, “Attitude is everything!” We all need a positive attitude to accomplish anything in life, especially earning the rank of black belt. Being positive is a choice. When you are mad or unhappy, you have chosen to react that way. People and situations can make us feel badly, but we choose whether or not to dwell on it and change our mood.

1) What does it mean to have a positive attitude?

2) How can your attitude be positive in the following situations?

- You earned a bad grade on a test_____

- You have to stay at home with your parents this weekend instead of seeing your friends.

Week 1
Due by Saturday, March 9



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

Fill in the three jobs that you have done at home without being told and ask your parents sign below.

Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Signature

Parent Signature



“Attitudes are contagious. Are yours worth catching?”
~Dennis & Wendy Mannering

Attitudes Are Contagious

Is your attitude contagious? When you say, “hi” to a friend in class who looks like they had a rough day...do they seem to come to life? Attitude is catchy! If you are a friendly and exciting person, your friends will actually mirror your behavior! Friendly and exciting people are always more fun to be around.

Questions:

1) Are your instructors exciting to watch during class? Are they having fun?

2) When your karate instructor is having fun and smiling during class, are you having fun at the same time?

3) Why did your attitude change?

Week 2
Due by Saturday, March 16



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

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“Attitude is a little thing that makes a big difference.”
~Winston Churchill

Positive Attitude

We all need something we can do well. Learning something new, like martial arts, helps children feel proud of themselves and encourages a positive attitude. Teaching children to have a positive attitude builds their self-esteem and confidence while increasing their chances for a successful life. People naturally gravitate towards positive and exciting people....so lets increase the positive population today!

1) Have you ever learned something that you didn't think that you would be able to do?

2) What was it?

3) How did you feel when you were finally able to say, “I can do it”?

Week 3
Due by Saturday, March 23



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

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Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Signature

Parent Signature

Week 4
Due by Saturday, March 30



***“Happiness is an attitude. We either make ourselves miserable or happy.
The amount of work is the same.” ~Francesca Reigler***

Happiness is an attitude

Every child has a bad day occasionally and they will need your help to cheer them up.

***Parents.....the important thing to remember is not to let their attitude diminish yours. Your attitude should change theirs when needed. You will also run into people who will try to sabotage your positive attitude. For example, notice how many people at work on Monday will complain about how short their weekend was. They'll also complain about the weather, job, boss, etc. Don't fall into that trap...always be positive!

1) How do you feel when your friend is in a bad mood?

2) What do you need to remember when you are around someone who is in a bad mood?



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